

ABSTRACT

This bachelor thesis is aimed at issues in using prohibited supplements and the associated risks of strength building.

The main aim is to find whether sportsmen are using any supplements to cultivate their strength and support growth of muscle mass. Secondly to determine if they are aware of effects to their health in using these supplements.

The theoretical section is dealt with definitions of strength, kinds of strength and methods of development in achieving strength. Subsequently, there are examined refining strength capabilities by means of nourishment and food supplements. Eventually, there are inquired into prohibited strength-building substances and their influence on health.

The practical section is focused on data and information collection and their subsequent processing. Outcome of data and information is reached by an electronic questionnaire.

Key words: strength, cultivation of strength, prohibited substances